

Aquatic Programs

Monday	Tuesday	Wednesday
7:00am – 8:00am Fluid Fitness Aqua Aerobics	12:15pm – 1:15pm Swim Fit Adults	7:00am – 8:00am Fluid Fitness Aqua Aerobics
9:30am – 10:30am Fluid Fitness Aqua Aerobics	5:00pm – 6:00pm Swim Fit Kids	9:30am – 10:30am Fluid Fitness Aqua Aerobics
12:15pm – 1:15pm Swim Fit Adults	5:00pm – 6:00pm Diving Lessons	12:15pm – 1:15pm Swim Fit Adults
5:00pm – 6:00pm Swim Fit Kids	6:00pm – 7:00pm Swim Fit Adults	5:00pm – 6:00pm Swim Fit Kids
6:00pm – 7:00pm Swim Fit Adults	6:00pm – 7:00pm Move, Shake & Slash Aqua Aerobics	6:00pm – 7:00pm Swim Fit Adults
6:00pm – 7:00pm Diving Lessons	6:00pm – 7:00pm Water Polo	6:00pm – 7:00pm Diving Lessons
Thursday	Friday	Saturday
9:30am – 10:30am Fluid Fitness Aqua Aerobics	9:30am – 10:30am Fluid Fitness Aqua Aerobics	1:00pm – 3:00pm Swim Fit Adults
12:15pm – 1:15pm Swim Fit Adults		Sunday
5:00pm – 6:00pm Swim Fit Kids		
6:00pm – 7:00pm Swim Fit Adults		10:15am – 11:15am Fluid Fitness Aqua Aerobics